

CYCLING CLUB BRECKLAND



PLEASE CONTACT: EVENT SECRETARY Mark Fairhead
19 Sawmill Close Wymondham Norfolk NR18 0TJ Tel 01953 600497 or 07772 516713

CLUB WEBSITE www.ccbreckland.info
e-mail markfairhead@btinternet.com

CYCLING CLUB BRECKLAND OPEN 12 HOUR TIME TRIAL
incorporating the East District Cycling Association Championship
on Sunday 5th August 2018 on Course B12/3 starting at 6.01 am
Promoted for and on behalf of Cycling Time Trials under their rules and regulations

On the day Event Secretaries	Mark Fairhead and Don Saunders (CC Breckland)
Chief Timekeeper	Heather Saunders (CC Breckland)
Timekeepers and Marshalls	members of CC Breckland and East District Clubs
Eccles Road Feeding Station	Paul Cross (CC Breckland)
Refreshments	Maggie Hamon and Kerry Hamon (CC Breckland)

HQ - Lincoln Hall, Hingham, Norfolk, NR9 4HW Located on the B1108 - opposite Fairland Garage. There is ample parking and the Hall will be open from 05.00am. **Please note this is a residential area - park with consideration and be mindful not to make too much noise in the early hours.**

Assisting Vehicle Forms - please leave at HQ when collecting number and signing-on.

AWARDS - ONE RIDER, ONE PRIZE (except Team Award)

Provisional Results will be displayed at HQ and on CTT and CC Breckland websites as soon as possible.

Scratch	1 st £30	2 nd £25	3 rd £20
Women's	1 st £30	2 nd £25	3 rd £20
Handicap - Men's	1 st £20	2 nd £15	
Handicap - Women's	1 st 20	2 nd £15	
Vets. On Standard	1 st £20	2 nd £15	3 rd £10
Novice - men	1 st £15		
Novice - Women	1 st £15		
Team	£10 each		
EDCA Awards	as per association scale		

Breaking of either course record or competition record £50

Food and Drink will be available at Eccles Road feeding station. We will look to have water and a mixture of food at the feed station throughout the day. **If you are riding un-assisted and would like to leave food, drink and supplies for the feed station, then please leave your items on the table labelled FEED STATION at the HQ - with your name and Bib Number on the items.** These will then be collected and transported to the feed station.

Garages for helpers are at Besthorpe, either side of the A11 (Shell & BP)

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount, check the road is clear in both directions - then with machine - walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a **HARD SHELL HELMET** that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors **MUST** wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS.

HEADS UP AND RIDE SAFE

In the past this event has produced three rides in excess of 300 miles, Competition Records and numerous Personal Bests and Club Records. Let's hope the weather is kind to us and more of the same occurs on the 5th Aug.. Good Luck to everyone and thank you for entering.

Course Details will be issued on a separate document.